In the Claims:

Kindly cancel claims 43-64 without prejudice.

1-64. (cancelled)

65. (new) Safety apparatus for people working on a structure, comprising:

a first substantially vertical support comprising a lower part and an upper part movable with respect to said lower part such that said first support is adjustable in length;

said upper part and said lower part comprise an upper tube and a lower tube respectively;

said upper tube comprises an internal strengthening component and an external strengthening cable;

a tightening loop configured to tense said external strengthening cable and tension within said external strengthening cable being adjustable by said tightening loop;

first fixing means configured to attach said upper part to a structure;

second fixing means configured to attach said lower part to said structure; and

a supporting cable extending from said upper part of said first support;

wherein said supporting cable is an overhead safety cable for tethering people;

when said apparatus supports said supporting cable at a lower height when said lower part is attached to a structure and said upper part is unattached; and

when a length of said first support is increased and said upper part is attached to said structure, such that said apparatus supports said supporting cable at a higher height.

66. (new) Apparatus according to claim 65, wherein said apparatus comprises a second substantially vertical support comprising:

a second lower part and a second upper part movable with respect to said second lower part such that said second support is adjustable in length;

third fixing means configured to attach said second upper part to a structure;

fourth fixing means configured to attach said second lower part to said structure; and

said supporting cable extends between said first support and said second support.

67. (new) Apparatus according to claim 65, wherein said lower tube has a first diameter, said upper tube has a second diameter and said first diameter is different from said second diameter so that said upper and lower tubes can slide vertically independently of one another.

68. (new) Apparatus according to claim 66, wherein said supporting cable is one of multiple supporting cables extending between said first support and said second support.

69. (new) Apparatus according to claim 66, wherein said first and second supports are configured to support said supporting cable while said second fixing means and said fourth

fixing means are released and lengths of said first and second supports are adjusted to raise said lower part of said first support and said second lower part of said second support, and subsequently while said first fixing means and said third fixing means are released and said first upper part of said first support and said second upper part of said second support are raised.

70. (new) Apparatus according to claim 65, wherein said apparatus further comprises cable-clamping devices configured to tense said supporting cable, and tension within said supporting cable is adjustable by said cable-clamping devices.

71. (new) Safety apparatus for people working on a structure, comprising:

a first substantially vertical support comprising a first lower part and a first upper part movable with respect to said first lower part such that said first support is adjustable in length;

said first support further comprising a first spring-loaded foot attached to said first lower part such that when said first lower part is raised, said first spring-loaded foot rests on said structure;

first fixing means configured to attach said first upper part to a structure;

second fixing means configured to attach said first lower part to said structure;

a second substantially vertical support comprising a second

lower part and a second upper part movable with respect to said second lower part such that said second support is adjustable in length;

said second support further comprising a second spring-loaded foot attached to said second lower part such that when said first second part is raised, said second spring-loaded foot rests on said structure;

third fixing means configured to attach said second upper part to said structure;

fourth fixing means configured to attach said second lower part to said structure; and

a supporting cable extending from said upper part of said first support and said supporting cable extending between said first support and said second support;

wherein said first support is configured to support said supporting cable while said second fixing means is released and a length of said first support is adjusted to raise said first lower part of said first support, and subsequently while said first fixing means is released and said first upper part is raised; and

said second support is configured to support said supporting cable while said fourth fixing means is released and the length of said second support is adjusted to raise said second lower part of said second support, and subsequently while said third fixing means is released and said second upper part is raised.

72. (new) Apparatus according to claim 71, wherein said

first upper part and said first lower part comprise an upper tube and a lower tube respectively.

73. (new) Apparatus according to claim 72, wherein said lower tube has a first diameter, said upper tube has a second diameter and said first diameter is different from said second diameter so that said upper and lower tubes can slide vertically independently of one another.

74. (new) Apparatus according to claim 71, wherein said supporting cable is one of multiple supporting cables extending between said first support and said second support.

75. (new) Apparatus according to claim 71, wherein said apparatus further comprises cable-clamping devices configured to tense said supporting cable, and tension within said supporting cable is adjustable by means of said cable-clamping devices.

76. (new) A method of erecting safety apparatus for people working on a structure, in which said safety apparatus comprises:

a first substantially vertical support comprising a lower part and an upper part movable with respect to said lower part such that said first support is adjustable in length;

said upper part and said lower part comprise an upper tube and a lower tube respectively;

said upper tube is equipped with an internal strengthening component and an external strengthening cable;

a tightening loop configured to tense said external strengthening cable, and tension within said external strengthening cable being adjustable by said tightening loop;

a first fixing means;

a second fixing means; and

a supporting cable extending from said upper part;

said method comprising the steps of:

attaching said lower part to a structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said upper part is unattached;

using said supporting cable as an overhead safety cable for tethering people; and

adjusting a length of said vertical support and attaching said upper part to said structure using said first fixing means, such that said apparatus supports said supporting cable at a higher height.

77. (new) A method of erecting safety apparatus according to claim 76, wherein said apparatus further comprises a second substantially vertical support comprising:

a second lower part and a second upper part movable with respect to said second lower part such that said second support is adjustable in length;

third fixing means configured to attach said second upper part to a structure;

fourth fixing means configured to attach said second lower part to said structure; and

said supporting cable extends between said first support and said second support.

78. (new) A method according to claim 77, wherein said

method further comprises the step of extending multiple cables between said first support and said second support.

79. (new) A method according to claim 77, comprising the further steps of:

releasing said second fixing means and said fourth fixing means and adjusting the length of said first support and said second support to raise said lower part of said first support and said second lower part of said second support; and

releasing said first fixing means and said third fixing means and raising said first upper part of said first support and said second upper part of said second support.

80. (new) A method according to claim 76, wherein said structure is a scaffold structure, and said method further comprises the additional step of implementing an additional higher level of scaffold, after performing said step of attaching said lower part to said structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said upper part is unattached.

81. (new) A method of erecting safety apparatus for people working on a structure, in which said safety apparatus comprises:

a first substantially vertical support comprising a first lower part and a first upper part movable with respect to said first lower part such that said first support is adjustable in length;

said first support further comprising a first spring-loaded foot attached to said first lower part such that when said first

lower part is raised, said first spring-loaded foot rests on said structure;

a supporting cable extending from said first upper part;

a first fixing means;

a second fixing means;

a second substantially vertical support comprising a second lower part and a second upper part movable with respect to said lower part such that said second support is adjustable in length;

said second support further comprising a second spring-loaded foot attached to said second lower part such that when said second lower part is raised, said second spring-loaded foot rests on said structure;

a third fixing means configured to attach said second upper part to a structure;

a fourth fixing means configured to attach said second lower part to said structure;

said supporting cable extending between said first support and said second support;

said method comprising the steps of:

attaching said first lower part to a structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said first upper part is unattached;

using said supporting cable as an overhead safety cable for tethering people;

adjusting a length of said first support and attaching said

first upper part to said structure using said first fixing means, such that said apparatus supports said supporting cable at a higher height;

releasing said second fixing means and said fourth fixing means and adjusting the length of said first support and said second support to raise said first lower part of said first support and said second lower part of said second support; and

releasing said first fixing means and said third fixing means and adjusting the length of said first support and said second support to raise said first upper part of said first support and said second upper part of said second support.

82. (new) A method according to claim 81, wherein said method further comprises the step of extending multiple cables between said first support and said second support.

83. (new) A method according to claim 81, wherein said structure is a scaffold structure, and said method further comprises the additional step of implementing an additional higher level of scaffold, after performing said step of attaching said first lower part to said structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said first upper part is unattached.